

Nevada Department of Veterans Services



Welcome

FREE 2021 Virtual Women Veterans Conference
March 3, 2021 from 9 a.m. – Noon Pacific Time



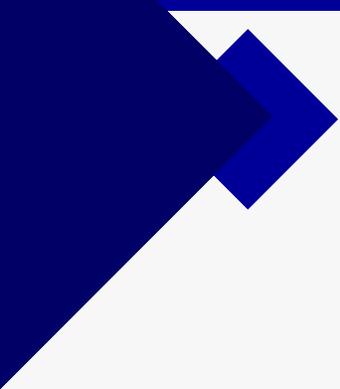
www.veterans.nv.gov



Courage & Resilience

Nevada Women Veterans Conference 2021





Agenda

9:00AM Opening Program

9:20AM Keynote Speaker - Shoshana Johnson
Break & Gift Giveaway

10:10AM VA Healthcare - Dr. Sarah Súniga,
Break & Gift Giveaway

11:00AM Courage to BE - Annie Emprima-Martin,
Gift Giveaway & Closing Remarks







Welcome!

Katherine Miller

Director

Nevada Department of
Veterans Services

PROCLAMATION

Women's Military History Month March 2021

Anne Davis
Chair, Nevada Women
Veterans Advisory
Committee



Governor Steve Sisolak





Shoshana Johnson

U.S. Army Veteran

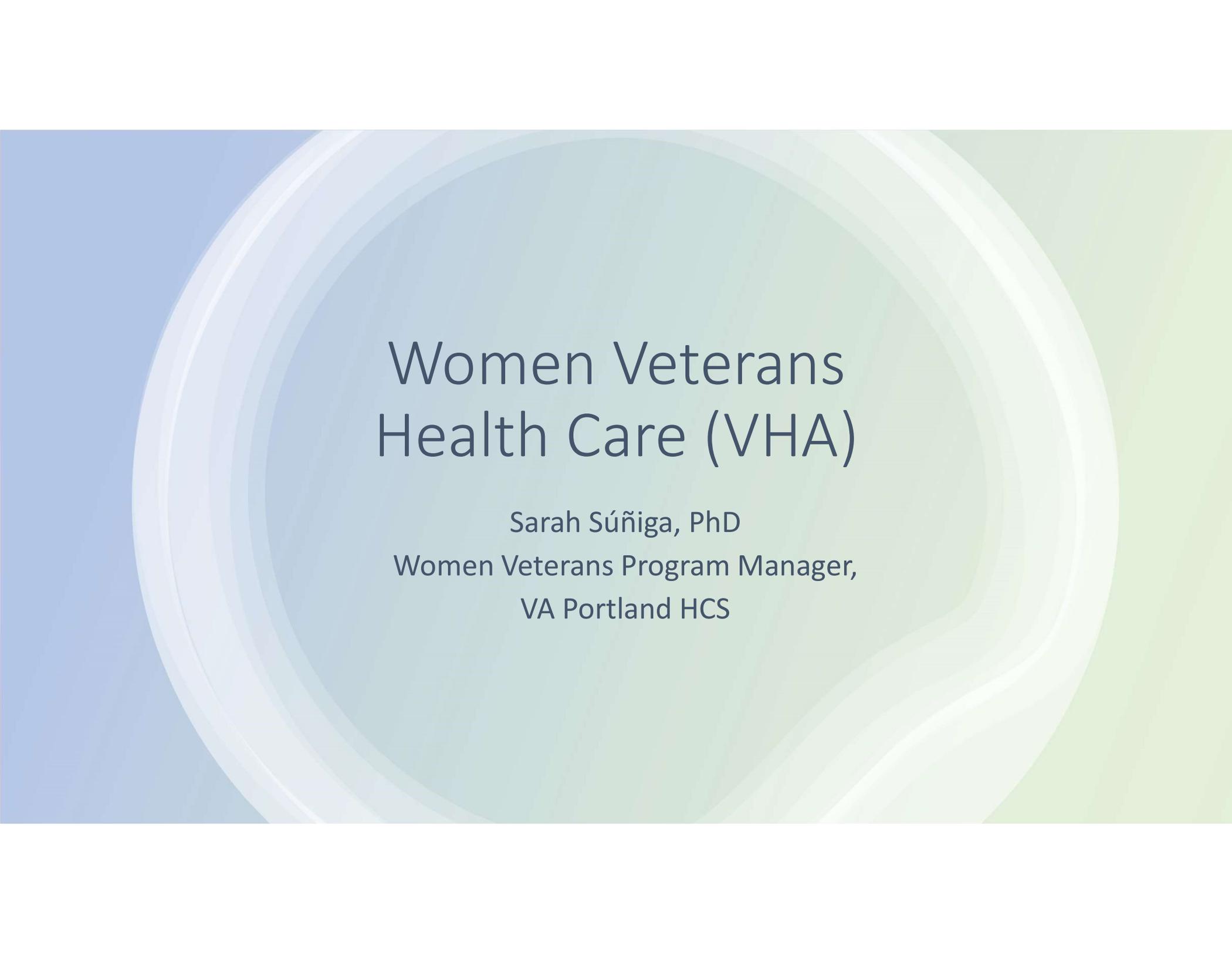
Break & Gift Giveaway





Dr. Sarah Súniga
U.S. Army Reserves Veteran

Women Veterans Program
Manager, VA Portland
Healthcare System



Women Veterans Health Care (VHA)

Sarah Súniga, PhD
Women Veterans Program Manager,
VA Portland HCS



Women's Health Program: Mission

Women Veterans Health Care addresses the health care needs of women Veterans and works to ensure that timely, equitable, high-quality, comprehensive health care services are provided in a sensitive and safe environment at VA health facilities nationwide.

We strive to be a national leader in the provision of health care for women, thereby raising the standard of care for all women.





Women's Health Program

Women Veterans Health Care works to make certain that all eligible women Veterans requesting VA care are assured of:

- Comprehensive primary care by a proficient and interested primary care provider
- Privacy, safety, dignity, and sensitivity to gender-specific needs
- The right care in the right place and time
- State-of-the-art health care equipment and technology
- High-quality preventive and clinical care, equal to that provided to male Veterans



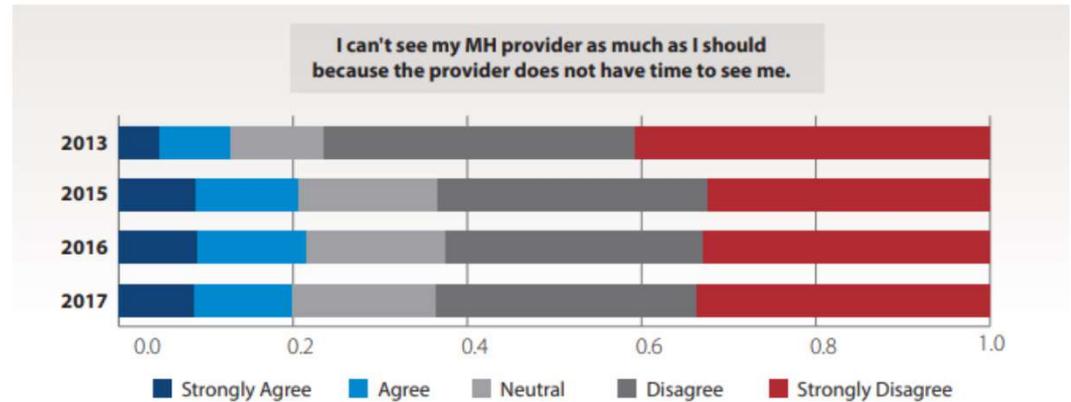
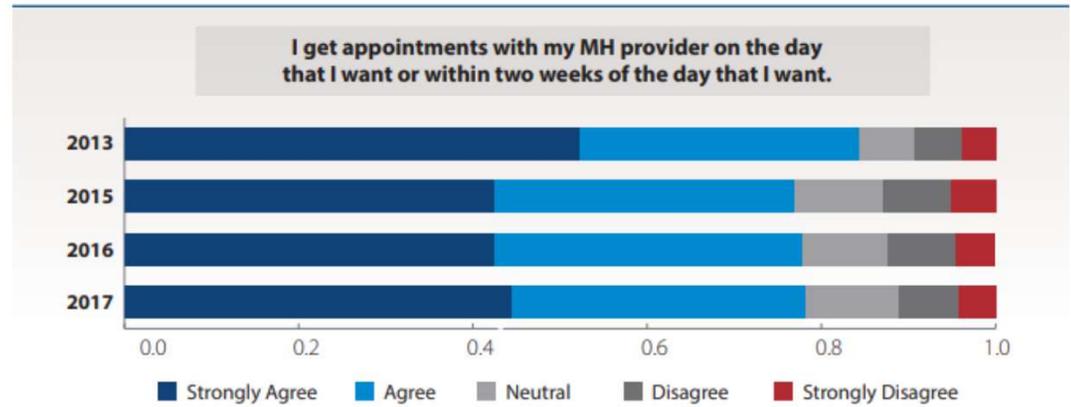
Women's Mental Health

Enhancing mental health services across the reproductive health span

- Menstruation
- Fertility (may or may not include pregnancy)
- Postpartum
- Menopause
- Support available to assist in the life transitions
 - Individual and group support

VA Office of Mental Health and Suicide Prevention Guidebook, 2018

Graphs 5 & 6 Veterans' Perceptions of Access to VA Mental Health Care, FY2013- 2017



MST IS **NEVER** YOUR FAULT

THERE ARE MANY PATHS TO HEALING FROM MST. VA CAN HELP.



- VA has free MST-related services for Veterans
- You may be able to receive MST-related services even if you are not eligible for other VA care
- No documentation of the MST experience is needed to get care
- Every VA has an MST Coordinator to help you access services and resources
- Contact your local VA health care facility and ask to speak to the MST Coordinator for more information

Military Sexual Trauma (MST)

Both women and men can experience MST. Visit www.mentalhealth.va.gov/msthome.asp to learn more about the MST-related recovery programs and services for women and men at VA.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

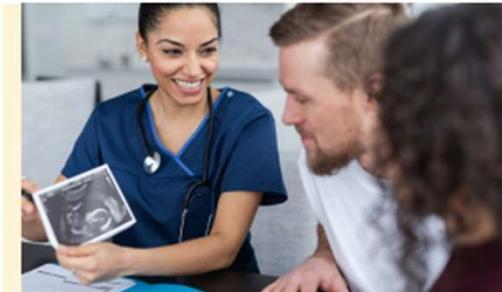




Reproductive Health

- Preconception counseling
- Fertility-related services
- Contraception Care
- Maternity Care

Maternity Care



WHAT DOES VA COVER?

VA covers full maternity care from the time of the first positive pregnancy test through delivery and follow-up appointments with your OB provider. Benefits include:

- Full physical exams and lab tests
- Prenatal education and screenings
- Obstetrical ultrasounds
- Genetic tests and specialty consultations
- Prescription drugs
- First seven days of newborn's care
- Support for breast feeding
- Support and services in case of miscarriage or stillbirth
- Social work and mental health services

WHAT'S NOT COVERED BY VA?

VA maternity benefits do not cover:

- Home deliveries
- Services by doulas
- Deliveries by a lay midwife (a midwife who is not a medical nurse)
- Experimental procedures and procedures outside the standard of care
- Termination of pregnancy

Infertility Services

Examples of Infertility Services for All Female Veterans

- Infertility assessments and counseling
- Laboratory testing
- Imaging services such as ultrasounds and X-rays
- Hormonal therapies
- Surgical correction
- Genetic counseling and testing
- Fertility medications
- Artificial and intrauterine insemination
- Tubal ligation reversal

Examples of Infertility Services for All Male Veterans

- Infertility assessments and counseling
- Laboratory testing
- Imaging services such as ultrasounds and X-rays
- Hormonal therapies
- Surgical correction
- Genetic counseling and testing
- Vasectomy reversal
- Sperm retrieval techniques
(including sperm washing for intrauterine insemination)



Service-Connected Infertility Treatment



VA offers infertility treatment, including in vitro fertilization (IVF), to eligible* Veterans (and their spouses) with a service-connected condition that results in infertility.



STEP 1: EVALUATION



STEP 2: PLANNING



Reproductive Endocrinology & Infertility (REI) Providers

Based on the evaluation, VA refers eligible Veterans to an infertility specialist in the community.

STEP 3: TREATMENT



INFERTILITY ASSESSMENTS



SURGICAL CORRECTION



COUNSELING



ARTIFICIAL INSEMINATION



HORMONAL THERAPY



IVF

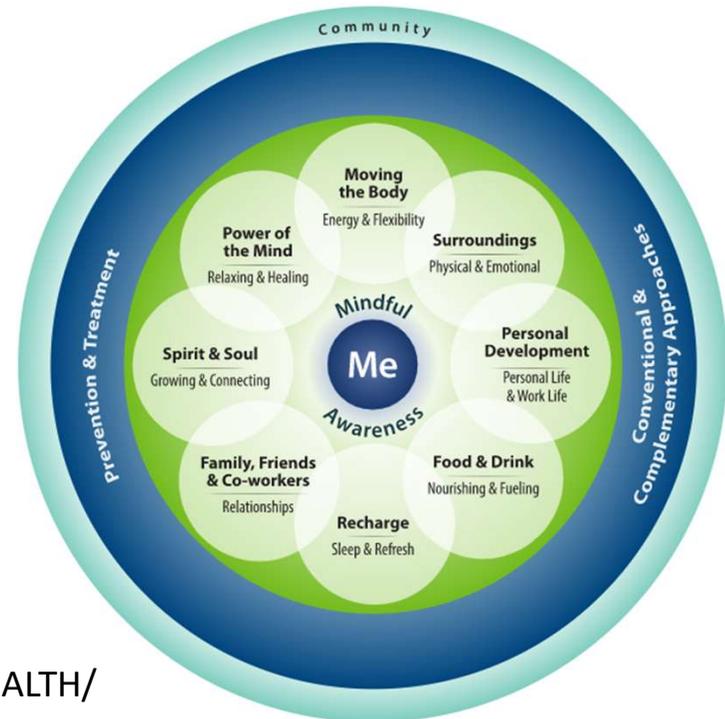
Treatment may include several types of services.

Whole Health

What is Whole Health?

Whole Health is VA's cutting-edge approach to care that supports your health and well-being. Whole Health centers around **what matters to you**, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

Find out how you can #LiveWholeHealth from home through VA's ongoing self-care blog series. This series highlights Whole Health resources—such as video sessions for yoga or meditation—that you can follow along at home to live healthier and happier.



<https://www.va.gov/WHOLEHEALTH/>

VA mobile apps



ACT Coach



In ACT with a therapist and want added support? Find it here.

iOS Android



AIMS for Anger Manag...



Track, address and manage anger better with AIMS.

iOS Android



Caring4WomenVeterans



Resource to help deliver quality care to female Veterans.

iOS Android



CBT-i Coach



Engaged in CBT-I and want ext support? The Coach is here.

iOS Android



Concussion Coach



Customizable tool to help manage concussion symptoms.

iOS Android



Couples Coach



Improve your relationship and explore new ways to connect.

iOS Android



COVID Coach



Support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

iOS Android



CPT Coach



App to enhance CPT treatment with a mental health provider.

iOS

<https://mobile.va.gov/appstore/mental-health>

VA Podcast



HEAR FROM THE WOMEN'S HEALTH EXPERTS

SHE WEARS THE BOOTS PODCAST

SUBSCRIBE AND LISTEN NOW

Listen on  Apple Podcasts  Spreaker

www.womenshealth.va.gov | #WomenVets

VA  U.S. Department of Veterans Affairs



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WOMEN VETERANS
CALL CENTER

★ **Call or Text:** 1-855-829-6636 **Chat Online:** www.womenshealth.va.gov

YOUR GUIDE TO VA.

Hours of Operation:

Monday – Friday: 8:00 a.m. – 10:00 p.m. ET

Saturday: 8:00 a.m. – 6:30 p.m. ET

VA



U.S. Department
of Veterans Affairs



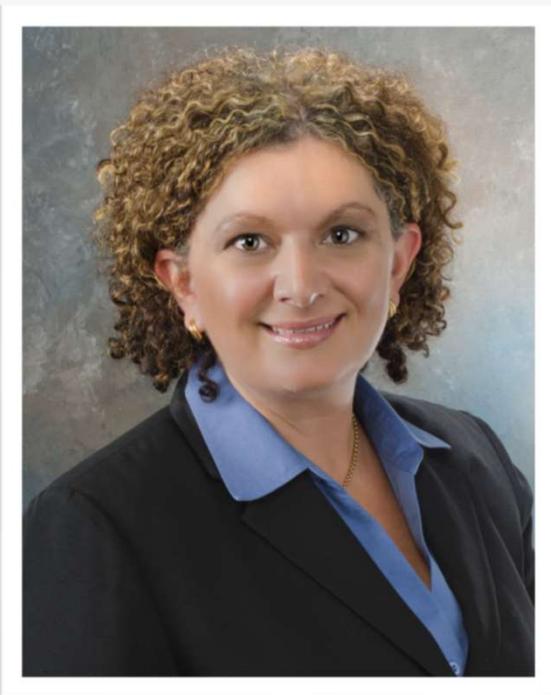
Questions





Break & Gift Giveaway





Annie Emprima-Martin

Nevada Army National
Guard Veteran

Member, Nevada Women
Veterans Advisory Committee

The background is black with a pattern of cyan dots scattered across it. In the upper right corner, there is a large, dense, pink scribble that partially overlaps the dots.

Your Mind Keeps Secrets Your Body Keeps Score

**ANNIE EMPRIMA-MARTIN
NDVS WOMEN VETERANS CONFERENCE 2021**



THOUGHTS MATTER



WORDS MATTER



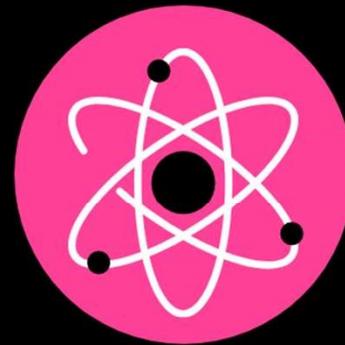
CONNECTIONS MATTER



MIND



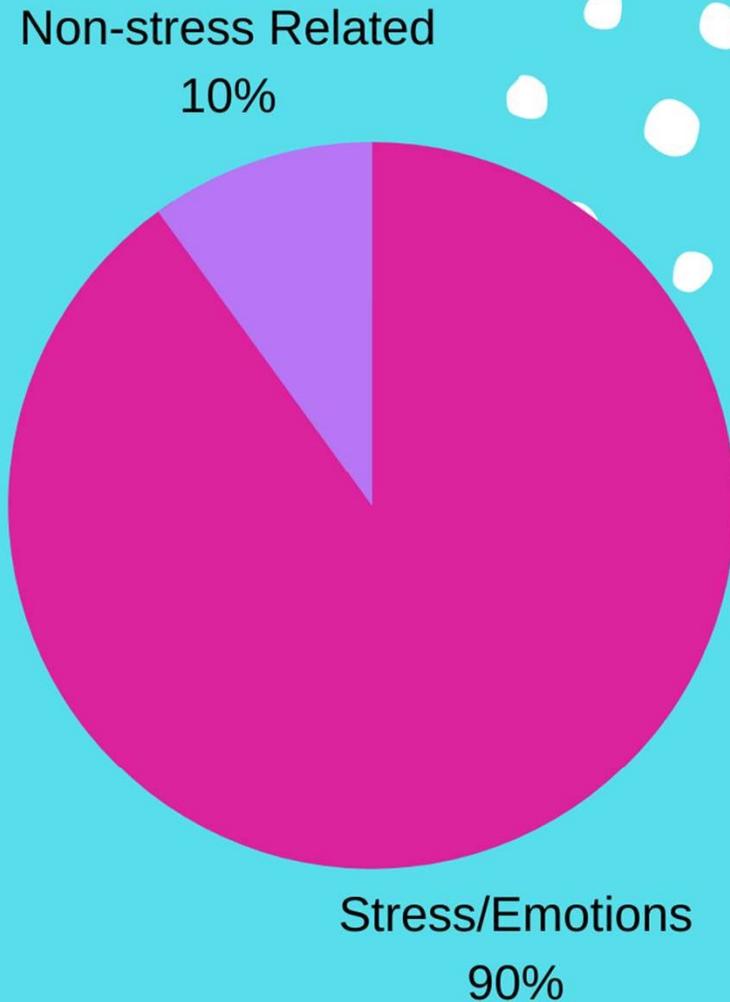
BODY



ENERGY

IMPACT OF ENERGY ON THE BODY

REASONS FOR VISITING
A DOCTOR OR MENTAL
HEALTH PROFESSIONAL



Ways Emotions Can Manifest



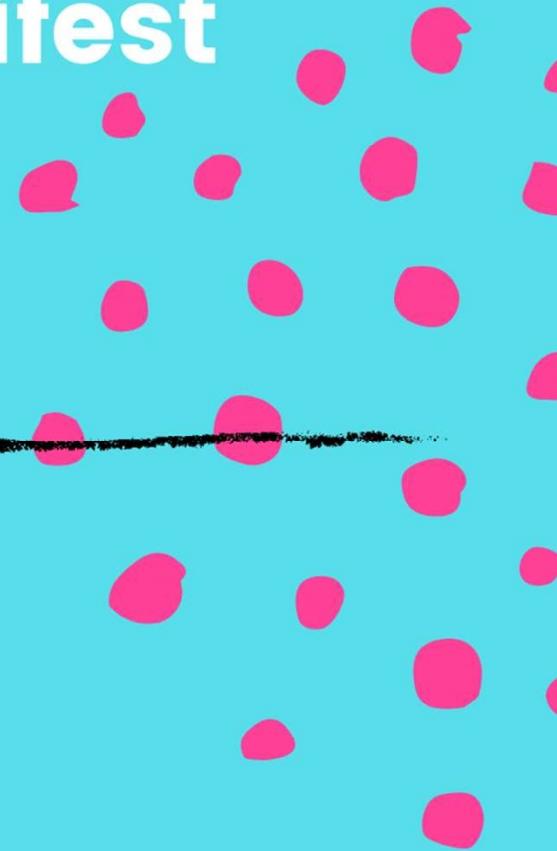
BRAIN

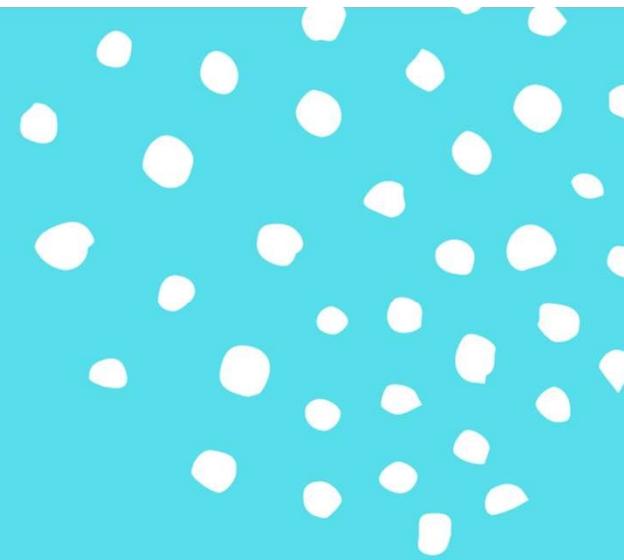
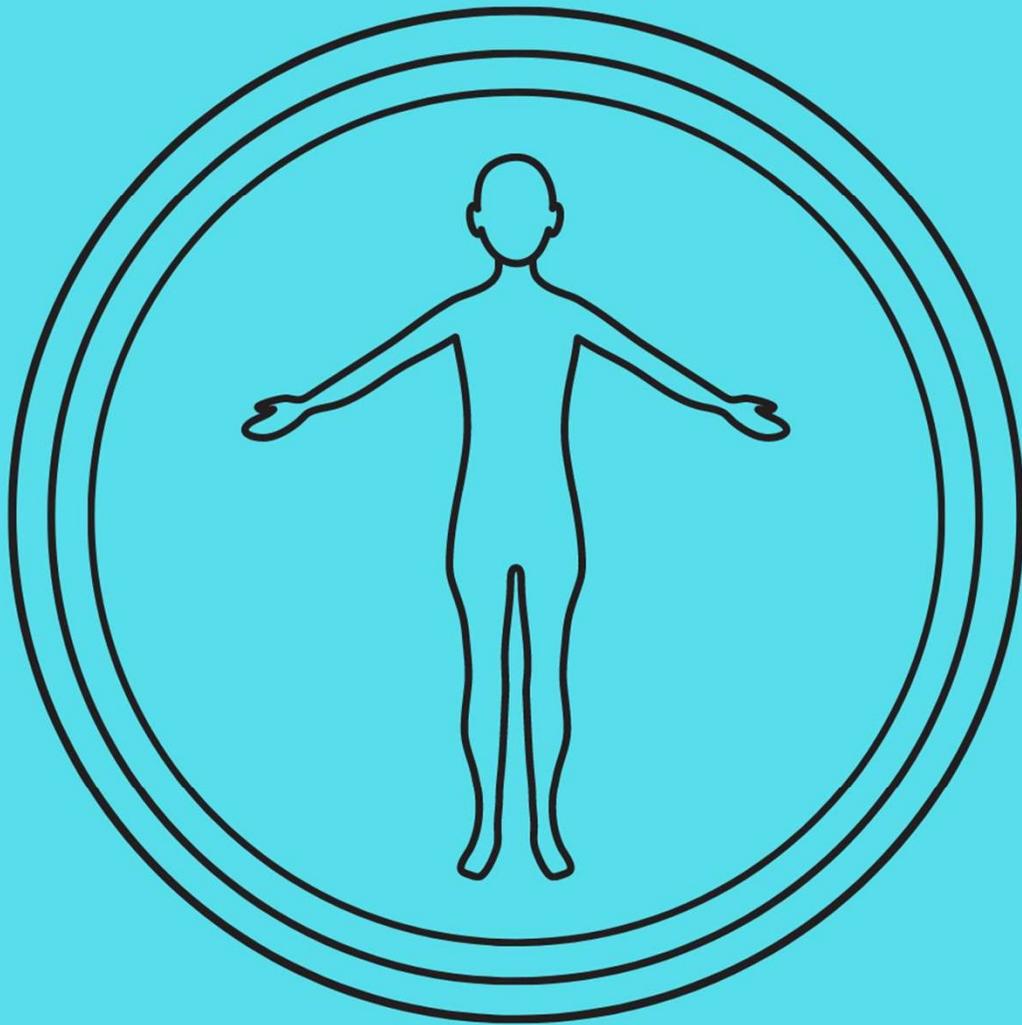


BODY



ENERGY





PICK ONE

- Courage
- Reason
- Acceptance

The background is a solid pink color. On the left, there is a white, horizontal brushstroke shape. To the right of this brushstroke, there is a cluster of black dots of varying sizes, with a white zigzag line extending from the top right towards the dots. Another white zigzag line is visible in the bottom right corner of the pink area.

PICK ONE

- Shame
- Guilt
- Anger

PICK ONE

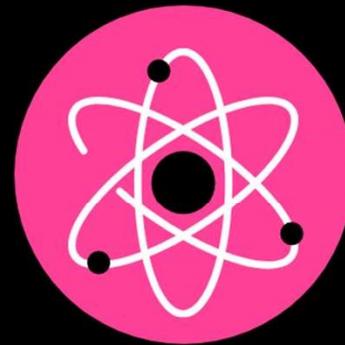
- Love
- Joy
- Peace



MIND



BODY



ENERGY



**Is it a spiritual gift...
or not??**



Questions?

Annie Emprima-Martin

Women Veterans Advisory Committee Member
Annie@OneEmprima.com



Closing Remarks

Please take our survey!

<https://veterans.nv.gov/2021survey/>



Nevada Department of Veterans Services



Thank You!

www.veterans.nv.gov

Sign-up for the NDVS eNewsletter

veterans.nv.gov/sign-up-for-the-ndvs-newsletter



Connect with NDVS on Social Media

veterans.nv.gov/community/connect-with-ndvs-on-social-media